



UCOOK

Flaky Trout & Bean Purée

with baby tomatoes & spinach


Trout fillet is coated in a seafood spice mix before being pan fried and basted in butter. It is served with a smooth cannellini bean purée and finished off with a bean, tomato, onion and spinach veggie mix. A final flourish of lemon juice for some zing and there you have it!


Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

 Carb Conscious

 Boschendal | 1685 Sauvignon Blanc

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Ingredients & Prep

1	Onion <i>¾ peeled & finely sliced</i>
3	Garlic Cloves <i>peeled & grated</i>
360g	Cannellini Beans <i>drained & rinsed</i>
3	Rainbow Trout Fillets
30ml	NOMU Seafood Rub
2	Lemons <i>1½ cut into wedges</i>
240g	Baby Tomatoes <i>cut in half</i>
60g	Spinach <i>rinsed</i>
12g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Paper Towel
Butter (optional)
Milk (optional)

1. AS PURÉE AS GOLD Place a pot over a medium heat with a drizzle of oil. When hot, fry ½ the sliced onion for 4-5 minutes until soft and translucent, shifting occasionally. Add the grated garlic and fry for 1 minute until fragrant, shifting constantly. Add ½ the drained beans and 150ml of water. Mix until fully combined and leave to simmer for 5-6 minutes until warmed through and almost all the liquid has evaporated. On completion, place the mixture into a blender with a splash of warm water or milk and pulse until smooth. Season to taste. Return to the pot and cover to keep warm.

2. DREAMY TROUT Pat the trout dry with some paper towel. Coat the flesh with ½ the rub (to taste). Place a large pan over a medium-high heat with a drizzle of oil. When hot, fry the trout skin-side down for 2-3 minutes until crispy. Flip and fry for a further 30-60 seconds or until cooked through. In the final 1-2 minutes, baste with a knob of butter or a drizzle of oil, and a squeeze of lemon juice. Remove from the pan on completion and lightly season.

3. VEGGIE MIX Return the pan to a medium heat with a drizzle of oil. When hot, add the halved baby tomatoes, the remaining beans and onion, and the rinsed spinach. Fry for 3-4 minutes until the spinach has wilted, shifting occasionally. In the final minute, add the remaining rub and seasoning.

4. DORADO THE DELISH FISH! Smear the bean purée onto a plate. Side with the spiced trout and the warm veggie mix. Finish it off with a scattering of chopped parsley and side with any remaining lemon wedges. Well done, Chef!



Chef's Tip

If you don't own a blender, make a rustic bean purée. After simmering your beans, simply mash with a potato masher or fork, pour in the milk or splash of water and mix, mix, mix!

Nutritional Information

Per 100g

Energy	341kJ
Energy	82Kcal
Protein	7.2g
Carbs	8g
of which sugars	1.4g
Fibre	2.3g
Fat	2g
of which saturated	0.4g
Sodium	205mg

Allergens

Allium, Fish

Cook
within 1
Day